

Standardized Recipe Form

Recipe Name Soft Shell Tacos Category Entree Recipe # _____

(i.e., entrée, breads)

Process: 2 (1= No cook; 2= Cook and same day serve; 3= Cook, cool, reheat, serve; 4= SOP controlled)

Ingredients * Indicates a commodity item (Local) Indicates a local item	Servings		Directions: Include <i>step- by- step instructions</i> , the <i>critical control points (CCP)</i> (specific points at which a hazard can be reduced, eliminated or prevented) and <i>critical limit</i> (time and/or temperature that must be achieved to control a hazard).
	50	100	
Montana ground beef 85% lean (Local) USDA refried beans* Taco Seasoning Salsa* (or Local) Whole grain soft shell tortilla Iceberg lettuce, shredded Romaine lettuce, shredded Olives, sliced USDA reduced fat cheddar cheese* Sour Cream Salsa (Local) Tomatoes, chopped (Local) Onion, chopped (Local) Sprouts (Local)	7 lbs 3 oz (raw) ¾ can 1 cup + 1 Tbsp 2 1/8 cup + 1 tsp 50 tortilla 2 lbs 5 oz 1 lb 8 5/8 oz 12 1/3 oz 5 lbs 12 1/3 oz 12 1/3 oz 3 1/8 medium 1 5/8 medium	15 lb + 6 oz raw 1 5/8 can 2 ¼ cup + 1 Tbsp 1 qt + 5/8 cup 100 tortilla 4 lb + 9 oz 3 lb + 1 oz 1 lb + 8 oz 10 lbs 1 lb + 8 oz 1 lb + 8 oz 6 ¼ medium 3 1/8 medium	1. Using a deep steam pan, brown ground beef in a 350° oven, breaking down with a potato masher every 15 minutes or until browned, no pink remains, and 155°. Drain well and reserve liquid. Move liquid/drippings to cooler. 2. Warm beans with a cup or two of water in the microwave, add to beef in the steam tray. 3. Add 1 ½ cups taco seasoning and 3 cups salsa, blend well. 4. Remove fat from top of reserved pan drippings and add remaining liquid to beef mixture. 5. Heat covered in a 350° oven to 155°. About 30 minutes 6. Hold at 135° or higher in steam table while serving. 7. Serve beef and bean mix with a #16 scoop “heaped,” on whole grain taco shells and offer all sides. ◇ Sodium can be reduced in this recipe by making your own taco seasoning mix with less salt.

Serving Size 1 each Pan Size _____

Oven Temperature & Baking Time:

Yield _____ Number of Pans _____

Temperature _____ Minutes _____

Meal Pattern (Based on Serving Size): _____

2.5 Meat/Meat Alternative
 _____ Fruit/Vegetable
1 Grains/Breads

Conventional _____
 Convection _____

If available, **Nutrition Analysis:** **Serving Size:** _____
367 Calories 8.14 Saturated Fat (g) 6.0 Vitamin C (mg)
27.6 Protein (g) 802 Sodium (mg) 1814 Vitamin A (IU)
16.9 Total Fat (g) 5.41 Fiber (g) 451 Calcium (mg)
41.5 % Calories from Total Fat 3.27 Iron (mg)

This recipe is from Salley Young, Greenfield School, Fairfield, Montana.